

Tilmaamaha Daboolida Wejiga Inta lagu jiro COVID-19

Guudmarka Isbaddelada Sebteembar 3, 2021

- Macluumaadka la cusbooneysiyyey si loo waafajiyo looguna xiriiriyo amarada hadda jira.

Hordhac

Waji daboolka ama maaskarada, oo ay weheliso is tallaalida, lix fiit oo kala fogaanshaha jismi ahaan ee dadka ka baxsan gurigaada, ka fogaanshaha meelaha dadka badan iyo meelaha hawada fiican lahayn, daboolida qufacaada iyo hindhisadaada, iyo dhaqidda gacmaahaada marar badan, ayaa si weyn hoos ugu dhigi kara ama joojin kara faafitaanka COVID-19. Haddii xitaa aad si buuxda isu tallaashay, waqtigan ayaa lagaaga baahan yahay in aad xirato waji daboolka goobaha dadwaynaha qaar. Marki aad xirato waji daboolka, waxaad gacan ka gaysanaysaa difaaca dadka kale ee kuu dhaw iyo sidoo kale nafsadaada. Iyada oo laga jawaabayno masiibadaan, waxa aan ogaanay in ay jiraan xilliyo iyo goobo halkaas oo waji daboolashada ay si weyn uyareyn kartu ugudbinta qofka COVID-19 ee qofka kale, waxey badbaadineysaa nafaf waxayna caawineysaa in dhaqaaluhu si amni iyo xikmad leh dib ugu furmo.

Marada wajiga lagu daboolo waa shay kasta oo gebi ahaanba daboolaya afkaaga iyo sinkaaga, wuxuuna la eyyahay geesaha wajigaaga iyo garka hoostiisa. Waa in laga sameeyaa hal lakab ama kabadan oo ah maro aad loo tolay oo leh xargo la isku xiri karo kuwaasoo madaxaaga ku wareegsamaya ama dhagahaaga. Gaashaan ka sameysan daah ayaa loo isticmaali karaa dadka kujira xaaladaha koriinka, dabeecada, ama caafimaad taasoo ka celineysa in ay xirtaan marada gafuur xirkha. Gaashaanka wajiga ee ka sameysan dharka ayaa sidoo kale la isticmaali karaa; oo ay ku jiraan carruurta ku jirta xanaanada caruruurta, xero maalmeedka, iyo goobaha K-12 haddii aysan xiran karin marada wajiga lagu xirto. Goobta shaqada, maaskaro ama qalabka neefta ayaa looga baahan karaa madaama ay ka difaac badan yihiin gafuur xirkha.

Tilmaamaha laga helo Centers for Disease Control and Prevention (CDC, Xarunta Ka hortagga iyo Xakameynta Cudurada) waxay ku talinayaan istiraatijiyadooh kor u qaadista ku habboon maaskarada ee maaskarada kule'eg si ay si fican ugu yareyo faafitaanka COVID-19. Xeeladahaas waxaa kujira inaad xirato maaskarada dharka halkii aad ka xiran lahayd maaskarada dhaqaatiirtu xirtaan, inaad dhegta ku xiratid maaskarada dhaqaatiirtu xirtaan, ayadoo la isticmaalaayo qalabka maaskarada wajiga kuhaaya, ama nayloon daboolaya maaskarada. Intas waxaa dheer, Department Of Health (DOH, Waaxda Caafimaadka) kuma talineyso in la xirto maaskarada leh duleelada laga neefsado ama hawo mareenka, ama masar ama calal kaligii. Hawo-wadeennada leh haamaha neefsashada ayaa loo isticmaali karaa iyadoo la raacaayo tilmaamaha ay daabacday Washington State Department of Health (DOH) iyo Washington State Department of Labor & Industries (L&I, Waaxda Shagaalahaa iyo Warshadaha ee Gobolka Washinton).

Fadlan booqo DOHwebseedkooda wax ku saabsan waji daboolka liiska su'alaha inta badan la isweydiyo oo dhameystiran. Macluumaad Dheeraad ah waxaad ka heli kartaa Bogga waji daboolka eeCDC.

Waajibaadka jira iyo Amarada Caafimaadka ee Hadda

Amarada dadweynaha ee hadda jira oo oga baahan dadka in ay kuxirtaan waji daboolka ama maaskarada goobaha dadweynaha qaar waxaa kamid ah:

Amarka guud ee bulshada: Amarkaan kasoo baxay xoghayaha caafimaadka wuxuu uga baahanyahay dadka reer Washington xirashada gafuur xirkha gudaha goobaha dadweynaha, iyadoo aan loo eegin xaalada is tallaalka iyadoo ay jiraan dad laga reebay ama laga dhaafay oo xadidan. Dadka ayaa qof kasta musuul ka ah in uu amarka ku dhaqmo, Hase yeeshi, ganacsiyada ayaa sidoo kale leh mas'uuliyada ay ku meel mariyaan

arrintan shaqaalahooda iyo macaamiishooda. Fadlan ka eeg hoos amarada iyo [Su'aalaha inta badan la isweydiyo ee Amarka Maaskarada ee Xoghayaha Caafimaadka](#) ee maclumaadka dheeraadka.

Amarka Centers for Disease Control and Prevention: Amarkaan kayimid CDC wuxuu meel marinayaan in dadka safarka ah ay xirtaan waji xir si loo yareeyo faafida fayraska keena COVID-19. Amarkaan waa in ay raacaan rakaabka raacaya dhammaan gaadiidka dadweynaha iyo xarumaha gaadiidka oo ay kujiraan laakiin aan ku koobneyn diyaaradaha, maraakiibta, doomaha, tareenada, tareenada dhulka hoostiisa mara, basaska, taksiyada, iyo saami-raacyada. Shaqaalahaa gaadiidka bulshada waa inay u sheegaan in ay qasab tahay in safareyda oo dhan gafuur xir xirtaan marka ay gaadiidka korayaan, kadagayaan, iyo wakhtiga safarka. Maclumaad Dheeraad ah waxaad ka heli kartaa [CDC Bogga webseedka Maamulka Sharciga](#).

Amarka goobta shaqada: Shuruud kadhigista waji daboolka ama maaskarada ee shaqaalahaa, dhammaan warshadaha, ayadoo aan loo eegin xaalada istallaallida, goobaha gedduu ee ay dadweynuhu geli karaan. Dadka loo shaqeeyaa wuxa ay kaloo xulan karaan shuruud kadhigista waji daboolka haddii xitaa ay geli karin dadweynaha shaqaaluhuna dhammaan tallaal qabaan. Dadka loo shaqeeyaa waa in ay bixiyaan waji daboolka haddii ay shaqaaluhu aysan haysan; dadka loo shaqeeyana waa in ay u oggolaadaan shaqaalahooda in ay xirtaan maskaro ama qalabka kale ee kahortaga ah haddii ay doorbidaan. Dadka loo shaqeeyaa ayaa mas'uul ka ah uhoggaansamidda amarkan iyo Department of Labor & Industries ayaa fulinteeda leh.

Wareegtada Guddoomiyaha: Maclumaadka ku saabsan mas'uuliyadaha iyo rajooyinka laga qabo ganacsiyada ku lug leh macaamiisha iyo shaqaalahaa ayaa lagu sheegay [Tilmaamaha Daboolida Wejiga COVID-19 ee Dadka loo shaqeeyo iyo Ganacsiyada](#) iyo [Wareegtada 20-25.15 – Washington Diyaar ah](#) iyo [Wareegtada 21-08 – badbaadada Shaqaalahaa](#).

Amarada deegaanka: Saraakiisha caafimaadka deegaanka wuxa ay leeyihii awoddha ay ku meel marin karaan amarada caafimaadka si ay u xakameeyaa ogana hortagaan faafitaanka cudurka ayaga oo adeegsanaya awoodooda. Amaradan ayaa laga yaabaa in ay ka adagyihiin marka loo eego amarada gobolka, laakiin kama fududaan doonaan. Ka xaqiji [awooda caafimaadka deegaanka](#) kadibna raac dhammaan amarada caafimaadka udagsan deegaankaas.

Goormaa si Buuxda laguu Tallaaly

Dadka waxaa loo tixgaliyaa in ay si buuxda tallaalka u qaateen:

- 2 asbuuc kadib qaadashadooda labaad 2 qaadasho oo isku xigto, sida tallaalada Pfizer ama Moderna, ama
- 2 asbuuc kadib hal qaadasho oo tallaal ah, sida Johnson & Johnsoee tallaalka Janssen.

Haddii ay ahayd wax ka yar 2 toddobaad markii ugu dambeysay ee aad qaadatay, ama haddii aad welu u baahantahay in aad hesho tallaalkaaga labaad, si buuxda UMA ogama difaacnid xanuunka. Sii wad raacida dhammaan [tallaalbooyinka kahortaga](#) ilaa inta si buuxda lagaaga tallalaayo.

Shakhsiyadka sida buuxda loo tallaaly ma ubaahna karantiil ilaa lagu arko [astaamo](#) laakiin waa in ay [isbaaraan](#) 3-5 maalmood kadib la kulanka haddii loo aqoonsado la kulmidda qof qaba COVID-19. Haddii [calaamadaha](#) soo baxaan, raac [tallooyinka karantiilkha oo isbaar](#). Deegaanka ama shaqaalahaa goobaha kooxda, sida xarunta dhaqancelinta ama xabsiga lagu haayo ama kooxda guriga, waa in ay iskarantiilaan oo ayna isbaaraan haddii loo aqoonsado in ay udhwaaadeen iyadoon loo eegin xaalada tallaalka.

Waqtigaan xaadirkaa ah, howsha xanuunka COVID-19 awgeed ee gobolka Washington iyo dhammaan wadanka, waji daboolka ama maaskarada ayaa looga baahan yahay gedduu ee goobaha dadweynaha ayadoon loo eegin xaaladda tallaalka. Waxaa jira dad laga reebay oo kooban ee xirashada waji daboolka ama

maaskaro, iyo kuwaan lagu faafaahiyey [Amarka](#) iyo [Su'aalaha inta badan la isweydiyo](#) ee Waji Daboolka Xoghayaha.

Meelaha aan dadweynaha geli karin, dadka loo shaqeeyo waxa ay u oggolaan karaan shaqaalaha sida buuxda loo tallaalay, kuwaas oo xaladooda ay xaqijiyeen dadka ay ushaqeeyaan, in ay siibaan waji daboolkooda ama maaskaro marka ay gudaha kujiraan. Ganacsiyada waxa ay leeyihiin xuquuqda ay oga baahanayaan goobohooda ee shaqaalaha iyo/ama macaamiishooda, oona ay kuweydiyaan cadeynta tallalka U tixraac [L&I](#) maclumaadka hadda jira ee kusaabsan shuruudaha waji daboolka looga baahan yahay goobta shaqada.

Ilo iyo Xog dheeraad ah oo Ku saabsan cudurka COVID-19

Hel xogtii ugu danbaysay ee [Xaalada hadda ee COVID-19 ka jira Washington, Amarada Gudoomiye Inslee'](#), [astaamaha xanunka, sida uu ku faafo](#), iyo [sida iyo goorta dadku ay tahay inay isbaaraan](#). Ka eeg [Su'aalaheena inta badan la isweydiyo](#) ee maclumaadka dheeraadka ah.

Qofka isirkiisa/haybtiisa ama wadanka uu u dhashay, Kama dhigayaan mid khatar wayn ugu jira, in uu ku dhaco xanunka COVID-19. Si kastaba ha noqotee, xogta ayaa sheegeysa in bulshooyinka midabka leh ay si aan kala sooc lahayn u saamaysay COVID-19- tan waxaa ugu wakan saamaynta cunsuriyadda, iyo gaar ahaan, cunsuriyadda qaabdhismeedka, taas oo ka dhigaysa kooxaha qaar fursado yar oo ay ku badbaadin karaan naftooda iyo bulshadooda. [Takoorka ma caawinayo la dagaalanka xanunka](#). La wadaag maclumaadka saxda dadka kale si aysan ufaafin xanta iyo maclumaadka khaldan.

- [Faafida Korona Fayraska ee 2019 \(COVID-19\) ee WA State Department of Health](#)
- [Gurmadka Gobalka Washington ee Korona Fayras \(COVID-19\)](#)
- [American Academy of Pediatrics Cloth Face Coverings for Children inta lagu jiro COVID-19](#)
- [Raadi Waaxda Caafimaadka ee Deegaankaaga ama Degmada](#)
- [CDC Korona fayras \(COVID-19\)](#)
- [Ilaha Yareynta Takoorka](#)
- [Adeegsiga Marada Waji Daboolka sii looga caawiyo hoos udhigga faafitaanka COVID-19 ee \(CDC\)](#)
- [Sida loo sameeyo Maaskaro la heli karo oona ku habboon ee Dadka Dhagoolka \(HSDC\)](#)

Ma qabtaa su'aalo dheeraad ah? Wac khadka Maclumaadka COVID-19 **1-800-525-0127**

Isniiin – 6 a.m. illaa 10 p.m., Talaado – Axada iyo [maalmaha fasaxa ee gobolka](#), 6 a.m. to 6 p.m. Haddii aad u baahan tahay turjumaanka, **riix #1** markay kuu jawaabaan kadibna **sheeg luuqadaada**. Wixii su'aalo ah oo la xariira caafimaadkaaga,baaritaanka cudurka COVID-19, ama natijjooyinkabaaritaanka, fadlan la xariir dhakhtarkaaga.

Si aad dukumiintigaan oo qaab kale u codsato, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama maqalkoodu culus yahay, fadlan waca 711 ([Washington Relay](#)) ama iimayl u dir civil.rights@doh.wa.gov.